

DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

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Avoid Timeout on Super Bowl Sunday

Did you know that next to Thanksgiving, Super Bowl Sunday is the day that American's consume the most food? Like Thanksgiving, large amounts of perishable foods are left out for hours before they are put back in the refrigerator, thereby increasing the chances of a foodborne illness. This Super Bowl Sunday try showing the same love and enthusiasm for food preparation as you do your favorite team to avoid a "timeout" after the game.

One of the biggest mistakes made during these types of gatherings is letting perishable food sit out for long periods of time. When food sits out for hours at a time, bacteria multiply and cause illness. These illnesses can be severe and cause hospitalization or even death.

Avoid a personal foul. In food safety, this penalty occurs when your guests' health is placed in danger because you fail to follow basic food safety. Follow these Football Fan Food Safety Guidelines to protect yourself and your guests from a post game spoiler:

- Plan ahead, use as much care to plan the food as you do the entire party. Plan to leave out only non perishable foods and make it a point to clear the table of perishables once the game begins.
- Avoid items that are high in dairy content. Dips and dressings such as ranch typically contain large amounts of sour cream. If you absolutely must have milk derived dips, place them in small shallow bowls to ensure that they do not sit for too long.
- Aside from the usual players such as chips, cookies, cakes and candies, raw fruits and vegetables are good foods to leave out.
- Save foods like chicken wings, pizza, hamburgers, hotdogs and cold cuts for when they can be eaten right away.
- Immediately store or dispose any food left behind.
- Use the 2- hour rule. Do not leave any temperature sensitive or perishable food out for more than 2 hours.
- If you BBQ, be sure that you avoid cross contamination by touching ready to eat food with raw meat juices.

Remember the most important rule of all.... WASH YOUR HANDS with soap and warm water! No matter how conscientious your are about time and temperature, if you handle food without properly washing your hands you can rest assured that you and your guests will encounter the big "Time Out" to the bathroom.

As always have a safe and healthy Super Bowl Sunday! Go Saints! ... Go Colts!

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